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Cornell Cooperative Extension



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EFNEP Newsletter

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It's National Nutrition Month®



Smart Snacking Tips for Adults and Teens from The Academy of Nutrition and Dietetics

- ⇒ Snack only when you are hungry.
- ⇒ Plan snacks ahead of time.
- ⇒ Keep snacks simple by choosing a variety of vegetables and fruits based on what you love, what is on sale and what is in season.
- ⇒ Snack ideas to try:
 - A smoothie made from fat-free milk and frozen fruit.
 - A sliced apple with 1 tablespoon of peanut, sunflower or other nut butter.
 - A whole wheat pita cut into wedges and dipped into 2 tablespoons of hummus or bean dip.
 - Roast chickpeas and season with spices.
 - Air pop popcorn and season it with herbs you like.
 - Make a yogurt parfait with 6 ounces of fat-free or low-fat yogurt, 1/2 cup of fresh, frozen or canned fruit in its own juice and a sprinkle of your favorite cereal.

For more ideas how to Personalize Your Plate, visit www.eatright.org.

Focus on fruit. One of the key messages from MyPlate encourages Americans to choose fruit in all forms (fresh, frozen, canned and dried). Fruit is a great addition to any meal. Some other ideas to consider are adding fruit to green salads (apples, pears, grapes), to sandwiches (apples, pears, sliced strawberries), to plain tap water to add flavor (lime, lemon, orange, strawberries, apple slices) and to hot or cold cereal. For more ideas for eating fruit each day, visit www.myplate.gov.

